**Daily Practices To Increase Awareness \***

Five Daily Contemplations

1-I am of the nature to get old-I have not gotten beyond aging

2-I am of the nature to get ill, I have not gotten beyond disease

3-I am of the nature to die, I have not gotten beyond death

4-All that is mine, dear and delightful will change and vanish

5-Karma-you inherit your Karma and you are subject to in this next life

Five things to do at the beginning of Meditation

1) Gratitude

2) Intention; Motivation

3) Determination (to use the time wisely and then let it go)

4) Metta--for self and others

5) Breathing in I Calm my body and mind, Breathing out I smile

Five things to do at the end of sitting

-1 Relevance-review so you can repeat; pay attention to before, during, sitting, object of concentration, what worked, what didn't

-2 Investigate-impermanence-notice the arising and disappearing nature of all things

-3 Did you get any Insights into the nature of reality-these permanent if you make a point to remember

-4 Dedication of Merit--may any merit of this sitting be for the benefit of all beings

-5 Remember to be mindful as you go forward with your day

RIIMM- R-Relevant  I-Investigation I-Insights M- Merit M- Mindful

\*Courtesy of Leigh Brasington - Taken from the Dharma